

ZIPs

Zero to age 21: Information
Promoting Success for Nurses
working with Kansas Kids

AUGUST 2005

Farewell to our Champion, Chris Tuck

It is with great sadness that, on July 29, we said goodbye to Chris Tuck, the Child and School Health Consultant for KDHE. Chris has been with KDHE/BCYF staff for nearly three years and in that time has been an asset to school nurses and Healthy Start Home Visitors statewide, as well as to the BCYF staff. We will miss her spark and enthusiasm and want to thank her for her contribution to Maternal Child Health programs at KDHE.

Chris was featured in the Fall 2004 American Lung Association "Lungs at Work" publication for her work in asthma education, especially the "Open Airways" asthma education program. She received the Kansas Lung Champion Award for 2004-2005.

Chris knows all too well how asthma can interfere with a child's life. Chris herself has asthma, as do three of her four children. A school nurse for many years, Chris spent countless hours teaching children in Kansas to manage their asthma. Chris is an Asthma Educator and learned to control her own asthma, allowing her to participate last November in the San Antonio Marathon.

Chris leaves KDHE to become the Director of Health Services for the Seaman school district in Topeka. Chris and her husband, Lee, have four grown children and five grandchildren. We wish Chris all the best as she returns to the "marathon" of school nursing! (See quote on page 6.)



Home Visitation Collaboration

The Kansas Home Visitation Training Task Force was formed in 2002 to address the need for training among home visitation staff in multiple programs, including Head Start, Parents as Teachers, Healthy Start Home Visitors, Part C Infant Toddler Programs and others serving children and families. The Task Force also sought to increase collaboration and coordination of services at the state and local level. The Task Force identified the following common needs among these programs: high quality, cost-effective training in basic home visitation philosophy and practice; opportunities for all home visitors in Kansas to participate; sufficient qualified trainers to reach all areas of the state; and inclusion of topics such as mental health, substance abuse and domestic violence.

The Task Force selected the Home Visitation Training curriculum developed by the Nebraska Early Childhood Training Center because of its proven success and the demonstrated quality of its content and presenters. The Region VII Administration for Children and Families (regional Head Start office) and the Kansas Head Start Collaboration Office provided funding for curriculum, supporting materials and the presentation of the six-day training for Trainers. The Kansas Head Start Association (KHSa) was selected as the contractor for this project through a competitive bid process.

Three BCYF staff were selected to become trainers: Chris Tuck, Child & School Health Consultant; Jane Stueve, Adolescent and School Health Consultant; and Jamie Klenken, MCH Fiscal Consultant. These trainers will collaborate with other trainers across the state to educate and train home visitors over the next two years. Watch for upcoming training opportunities in your area by visiting the Head Start website at: <http://www.ksheadstart.org/> and click on: "Exciting New Training Opportunities for Home Visitors."



HEADS UP! SAVE THESE DATES:	
The annual Perinatal Association of Kansas and KDHE conference , Friday, September 16, at the Lawrence Memorial Hospital.	
Oral Health Kansas Annual Conference , September 29-October 1, in Hutchinson. See: http://www.oralhealthkansas.org/	
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ZIPs: Perinatal Health

World Breastfeeding Week

The World Breastfeeding Week (WBW) is the greatest outreach vehicle for the breastfeeding movement and is being celebrated in over 120 countries. Officially it is August 1 through 7; however, local health departments in Kansas may choose other dates during August to make it a more successful event in their communities.

This year's theme is "Breastfeeding and Breastfeeding Foods: Loving and Healthy." The goal is to raise awareness of the risks and costs of introducing other foods and drinks to breastfed babies before 6 months, and thereby

strengthening support for six months exclusive breastfeeding. In Kansas, statistics show that citizens initiate breastfeeding at a rate higher than the national average. However, breastfeeding is discontinued at

an alarming rate shortly after birth. This makes this year's WBW theme of even greater interest to Kansans.

Excellent information regarding possible breastfeeding activities and education can be found at the World Alliance for Breastfeeding Action (WABA) web site at <http://www.waba.org.my/>.

National Immunization Awareness Month

This is National Immunization Awareness Month (NIAM). The National Immunization Program and the National Partnership for Immunization have posted a broad range of promotional materials pertaining to NIAM on their Web sites. Use the information in August to promote immunization in your community.

The National Immunization Program (NIP) has created a Web section of 2005

NIAM materials, including resources such as the immunization schedules for adults, adolescents, and children and the NIP publication "Parents Guide to Childhood Immunization." To access the NIAM web section, go to: <http://www.cdc.gov/nip/events/niam/default.htm>

In addition, the following websites have promotional materials available:

<http://www.partnersforimmunization.org/niam.html>

http://www.partnersforimmunization.org/niam_prkit.html

CDC Publishes Guide to Breastfeeding Interventions

The CDC Guide to Breastfeeding

Interventions," is a new resource for breastfeeding developed by the Centers for Disease Control and Prevention (CDC), Division of Nutrition and Physical Activity.

This document provides state and local community members information to choose the breastfeeding intervention strategy that best meets their needs. The guide provides a comprehensive collection of current, evidence-based information on breastfeeding programs and interventions. Each chapter includes resources, strategies and action steps geared toward increasing breastfeeding initiation and duration in the United States. The document can be accessed on the Internet at <http://www.cdc.gov/breastfeeding>. Printed copies may be requested from bfguide@cdc.gov.



CDC Releases Guidance Statement On HIPAA and Perinatal Hepatitis B (July 18, 2005)

The CDC Office of General Counsel has released the second in a series of guidance statements regarding the Health Insurance Portability and Accountability Act (HIPAA) Privacy Rule. "HIPAA and Perinatal Hepatitis B Prevention" was developed to answer common questions about the intent and implementation of the rule as it relates to accessing patient records for immunization assessment and surveillance. To read "HIPAA and Perinatal Hepatitis B" and the first guidance statement, "HIPAA Privacy Rule and Public Health," go to: http://www.immunize.org/birthdose/hepb_hipaa.pdf



Addressing Health Disparities in the African-American Community

Have you seen the new culturally competent materials for addressing important health disparities in the African-American community? Some titles include: "Healthy from the start -- For Pregnant Women," "Pregnancy and HIV/STD's -- For Women," and "A healthy weight -- For You." Other topics include: diabetes education, health promotion, maternal and child health and parenting and fatherhood. In order to view these materials go to:

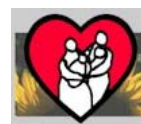


What a mother sings to the cradle goes all the way to the coffin.

— Henry Ward Beecher

<http://www.channing-bete.com>. In addition, materials and information on these and other similar topics are available at a reduced cost or for free on the following Web sites: <http://www.4woman.gov>; <http://www.hivtest.org>; <http://www.cdc.gov>; <http://www.hhs.gov> or <http://www.omhrc.gov/omhrc/publications/publications4.htm>

Announcing the Perinatal Association of Kansas Sixteenth Annual Conference



The Perinatal Association of Kansas in partnership with KDHE and Lawrence Memorial Hospital present the 16th Annual Perinatal

Association of Kansas (PAK) Conference. This year's conference is entitled, "Hot Topics in Perinatal and Neonatal Care." Featured speakers include John D. Yeast, M.D., the Director of Medical Affairs in the Department of Obstetrics and Gynecology at St. Luke's Hospital, Kansas City, Missouri; Valerie Kerschen, M.D., a Clinical Assistant Professor in the Department of Pediatrics at the University of Kansas School of Medicine in Wichita, Kansas; Elizabeth Wickstrom, M.D., Associate Director of the Saint Luke's Perinatal Center at St. Luke's Hospital in Kansas City, Missouri; Deanna Lute, M.S.W., subject expert in social work, women's issues and perinatal health; and Curtis Dorn, M.D. an attending neonatologist from Wesley Medical Center in Wichita, Kansas. Some of the "hot topics" include pediatric developmental medicine, perinatology and neonatology. Also, various other topics including the challenges of working with teen parents, ethics in the neonatal environment and views of the birthing process from around the world. This should prove to be a very thought-provoking and lively conference. For more information on this conference, keep checking <http://www.kspak.org> to find the most recent updates on this



Health Insurance Affects Disparities in Health Care

"Our results suggest that the simple provision of health insurance to uninsured low-income children may enhance efforts to reduce preexisting racial/ethnic disparities in care; in this case, disparities in access to care, unmet need, and continuity of care were virtually eliminated," state the authors of an article published in the June issue of *Pediatrics*.

PEDIATRICS®

Little is known about how providing health insurance to children who might otherwise be uninsured could change disparities. The article presents findings from a study designed to (1) describe demographic characteristics and previous health insurance experiences of children enrolled in the State Children's Health Insurance Program (SCHIP) by race/ethnicity; (2)



compare racial/ethnic disparities in medical care access, continuity, and quality before and during SCHIP enrollment; and (3)

determine whether racial/ethnic disparities were explained by socioeconomic/demographic and health system factors. The study population included a random sample (Number = 9,101) of children newly enrolled in New York's SCHIP between November 2000 and March 2001. Parents were interviewed shortly after enrollment and again 1 year after enrollment (N=2,290). For comparison of secular trends, parents of children in a comparison cohort (N=401) completed an identical baseline interview reflecting experiences before enrollment in SCHIP. The abstract is available at: <http://pediatrics.aappublications.org/cgi/content/abstract/115/6/e697>

Why Bring Dad into the Picture

The Kansas Parents as Teachers Program is sponsoring a presentation by Ron Nichols, director of training at the National Center for Fathering, on August 31 at the Overland Park Marriott. The presentation is designed to build awareness of the huge impact that fathers have on children and provides current research on the relationship between father involvement and child well-being. The presentation, from 8:30 a.m.-4:00 p.m., includes



continental breakfast and lunch. Learn more and register at: <http://www.kpata.org> or <http://www.ksde.org/patsummit>.

Fatherhood: Challenges, Rewards and Surprising Health Effects

If you're a dad, you may wonder if fatherhood is good or bad for your physical and mental health. In general, it's good. Compared with men who don't have children, fathers may be more likely to enjoy better health and a longer life. If you would like to read more about the health benefits of "fatherhood" visit: <http://www.mayoclinic.com/invoke.cfm?id=MC00025>



The Dietary Intervention Study in Children

"These results can have practical implications for health care providers to predict problems with long-term adherence (to a fat-reduced diet) and to identify foods or food groups that may require special intervention approaches to achieve nutrient adequacy while reducing saturated fat, total fat, and cholesterol,"

ClinicalTrials.gov

A service of the U.S. National Institutes of Health

write the authors of an article in June's *Pediatrics* journal. The Dietary Intervention Study in Children [DISC] was a randomized, controlled trial, the purpose of which was to determine the long-term efficacy and safety of a dietary intervention to reduce total fat, saturated fat, and cholesterol in prepubertal children with elevated low-density lipoprotein cholesterol and who were ages 8-10 years at baseline. The ancillary study described in this article reports new data regarding changes in eating patterns among this cohort. An abstract is available at: <http://pediatrics.aappublications.org/cgi/content/abstract/115/6/1723?etoc>

Report Cites Physical Activity Effects for 6-18-Year-Olds

A report published in the June issue of the journal *Pediatrics* evaluated evidence from more than 2,000 published articles and abstracts on the influence of daily vigorous physical activity on the mental health, academic achievement, injury, and musculoskeletal health of youths age 6 to 18. For more information visit: http://www.healthinschools.org/2005/jun14_alert.asp



Report Cites Impact of Methamphetamine on Children

Methamphetamine is currently the number one drug problem in many parts of the United States, according to a report issued by the National Association of Counties. For the report, go to: http://www.naco.org/Content/ContentGroups/Publications1/Surveys1/Special_Surveys/MethSurveys.pdf



Severe Burns Could Result From Contact With Vehicle Exhausts

According to the Centers for Disease Control and Prevention (CDC), about 250,000 children in the United States are seriously burned every year. The results of a recent study indicate that children who ride recreational vehicles could be at risk for serious burns if they touch exhaust pipes, which frequently reach temperatures over 392 degrees Fahrenheit (200 degrees Celsius). For more information visit: http://kidshealth.org/research/burns_exhausts.html



More Boys Born Than Girls

For the 63rd year in a row, the number of boys born in the United States outnumbered the births of girls. This and other data from the "Trend Analysis of the Sex Ratio at Birth in the United States" report is available in a CDC Office of Communication Fact Sheet and can be read and reviewed by visiting: <http://www.cdc.gov/od/oc/media/pressrel/fs050614.htm>



MediKids Health Insurance Introduced in Congress—Again

As they have in each of the last three Congresses, senators led by Senator John Rockefeller (D-WV) and members of the House of Representatives led by Congressman Pete Stark (D-CA) introduced bills that would provide health insurance for all children born in the United States after the year 2006, regardless of family income. To learn more visit: http://www.healthinschools.org/2005/june24_alert.asp



ZIPs: Adolescent Health

Dost thou love life? Then do not squander time, for that is the stuff life is made of.

— Benjamin Franklin

The Danger of "Don't Talk to Strangers"

Nancy McBride of the National Center for Missing and Exploited Children offers updated advice for parents on keeping kids safe. McBride cites the story of an 11-year-old boy who was rescued after four days in the Utah wilderness.



The boy could have been found sooner if he hadn't been hiding from rescuers, obeying a parental injunction never to talk to strangers. Read Nancy's advice at: <http://www.connectforkids.org/node/3255>

Covering Kids Campaign

Of the 44 million uninsured Americans, 8.4 million are children. Many uninsured children are eligible for low-cost or free

covering kids & families health care coverage, but their parents may not believe their children qualify

because they work. The Robert Wood Johnson Foundation has launched *Covering Kids & Families* (CKF), a four-year, \$55 million dollar initiative to increase the number of children and families who benefit from existing health care coverage programs. Learn how you can help at:

<http://coveringkidsandfamilies.org/communications/bts/kit/>

Improving Oral Health Services for Children and Adolescents with Special Health Care Needs

The National Maternal and Child Oral Health Resource Center (OHRC) has produced three new resources -- a fact sheet, a tip sheet, and a resource guide -- to assist professionals working to improve oral health services for children and adolescents with special health care



needs. The fact sheet, "Oral Health for Children and Adolescents with Special Health Care Needs: Challenges and Opportunities," presents information on unmet oral health care needs, oral health and general health and well-being, barriers to care such as lack of insurance or qualified oral health professionals, and how Medicaid and other publicly financed reimbursement methods offer opportunities for care. The fact sheet is available at <http://www.mchoralhealth.org/PDFs/SHCNfactsheet.pdf>. The tip sheet, "Strategies for Improving the Oral Health System of Care for Children and

Adolescents with Special Health Care Needs," outlines approaches for health professionals who are planning, developing, and implementing state and local efforts to ensure access to care. The tip sheet is available at <http://www.mchoralhealth.org/PDFs/SHCNTipsheet.pdf>. The "Oral Health Services for Children and Adolescents with Special Health Care Needs: Resource Guide" provides a list of journal articles, materials, and federal agencies and national organizations that may serve as resources for ensuring optimal care. The resource guide is available at <http://www.mchoralhealth.org/PDFs/SHCNResGuide.pdf>.

Vision Professional Institute

Please join us in Wichita, Kansas on September 28-29 for the 2005 Vision Professional Institute. To register, visit the Kansas State School for the Blind (KSSB) Web site at <http://www.kssb.net> and then download the workshop flyer. Registrations are due by August 29. A nationally renowned speaker, Barbara Miles will present on: "Communication, Literacy, and Speaking the Language of the Hands." Ms. Miles is a communication specialist/consultant and teacher, experienced with all ages and levels of children, youth and adolescents who are



deaf-blind and/or with multiple disabilities. This training session is limited to 150 participants, so register soon. The training will include a combination of videotapes, demonstrations, simulations, informal lecture and discussion. For additional information about Barbara's hand-under-hand approach, read "Talking the Language of the Hands to the Hands" available at the following Web site: <http://www.dblink.org/lib/hands.htm>

Fact sheet on Child and Adolescent Health Care

The Agency for Healthcare Research and Quality has produced a fact sheet, "Selected Findings on Child and Adolescent Health Care" from the 2004 National Healthcare Quality/Disparities Report. The fact sheet notes the



importance of focusing on child and adolescent health and health care, highlights key findings in selected areas of quality and access to care (including disparities in quality and access), and lists the NHQR

and NHDR tables that provide additional data on the state of quality and access for children and adolescents (including disparities by racial and ethnic minority group and socioeconomic status). It is available at <http://www.ahrq.gov/qual/nhqrchild/nhqrchild.htm>.

Chlamydia Prevalence High in United States

According to CDC, Chlamydia is present in 2.2 per cent of the population and affects women and men about equally. Women 14-19 years old had the highest prevalence of any age group, with 4.6 per cent infected. Among men, those 20-29



years old were most heavily affected, with 3.2 per cent infected. Low income youth are particularly vulnerable to Chlamydia. Two analyses

of economically disadvantaged young adults, age 16-24 years, participating in a national job training program determined that about 10 per cent were infected with Chlamydia. This is the most commonly reported sexually transmitted disease in the U.S. In 2003, 877,478 cases were reported. The disease can cause severe health problems for women including infertility, pelvic inflammatory disease, ectopic pregnancy, and chronic pelvic pain. Chlamydia can be cured with antibiotics, but often goes undiagnosed due to lack of symptoms. For more information, go to: <http://www.cdc.gov/od/oc/media/pressrel/r050712.htm>

Committee Recommends Vaccine for Adolescents

The Advisory Committee on Immunization Practices (ACIP) to the Centers for Disease Control and Prevention (CDC) recommended that adolescents age 11 and 12 be given newly licensed booster tetanus, diphtheria and pertussis (whooping cough) vaccines (Tdap) to help reduce the number of cases of pertussis among adolescents.



"Reported cases of pertussis have been increasing dramatically over the past few years," said Dr. Steve Cochi, acting director of CDC's National Immunization Program. "Treatment of pertussis is effective only if given early, before symptoms can be recognized. . . . This recommendation is an important step in reducing this potentially serious disease." Read more at: http://www.cdc.gov/nip/pr/pr_tdap_jun2005.htm

Facilitating Public and Mental Health Collaboration

The National Association of City and County Health Officials (NACCHO) has produced two publications to encourage understanding of and



collaboration between mental health and public health issues and communities. "Guiding Principles for Collaboration Between Mental Health and Public Health" presents a statement of purpose and recommendations for increasing collaboration. The guide is based on the results of an April 2004 consensus meeting to (1) discuss the current connection between the practice and systems of public health and mental health, (2) identify key challenges in incorporating public health practices into mental health services, and (3) exchange resources and expertise to achieve the goal of improving the public's health. "Supporting Collaboration Between Mental Health and Public Health" provides a historical context in which to consider the relationship between mental health and public health; background about mental health disorders, surveillance, and infrastructure; and recommended action steps that federal, national, state, and local entities can take to integrate public health and mental health. The publications are available at: <http://www.naccho.org/topics/hpdp/mentalhealth/Pubs.cfm>

Back to Sleep Campaign

The Healthy Child Care America Back to Sleep Campaign has created three new publications about reducing the risk of SIDS:

"A Child Care Provider's Guide to Safe Sleep" – this easy to read brochure provides straightforward

information about safe sleep practices and information about SIDS.

"A Parent's Guide to Safe Sleep" – this brochure includes information about working with child care providers to ensure that safe sleep practices are used both in the home and in child care.

"Tummy Time" – Although babies should sleep on their backs, supervised tummy time is an important part of healthy development. Read about the importance of supervised tummy time in this brochure. To view these brochures please visit:



http://www.healthychildcare.org/section_SIDS.cfm

If you are interested in ordering free copies of these brochures, please send an email with your request (brochure name, how many, name and mailing address) to Liz Jarvis at: Ljarvis@aap.org

Fact Sheets Present Selected Findings on Child, Adolescent and Women's Health Care

The Agency for Healthcare Research and Quality has produced two fact sheets on selected findings from the "2004 National Healthcare Quality Report (NHQR)" and the "National Healthcare Disparities Report (NHDR)." The first fact sheet, "Women's Health Care in the United States," examines (1) disparities in health care among women by race, ethnicity, and socioeconomic status; (2) disparities in health care for women compared with men; and (3) trends and state variation in women's health care over time.



To learn more visit: <http://www.ahrq.gov/qual/nhqrwomen/nhqrwomen.htm>

The second fact sheet, "Selected Findings on Child and Adolescent Health Care" from the "2004 National



Healthcare Quality/Disparities Report," notes the importance of focusing on child and adolescent health and health care, highlights key findings in selected areas of quality and access to care (including disparities in quality and access), and lists the NHQR and NHDR tables that provide additional data on the state of quality and access for children and adolescents (including disparities by racial and ethnic minority group and socioeconomic status). It is available by visiting: <http://www.ahrq.gov/qual/nhqrchild/nhqrchild.pdf>

Article Reviews Effects of Physical Activity on School-Age Children and Adolescents and Provides Recommendation

"Increasing levels of habitual moderate to vigorous-intensity physical activity in youth is a health promotion and disease-prevention strategy," state the authors of an article published in the June issue of *The Journal of Pediatrics*. The researchers conclude that school-age youth should participate daily in 60 minutes or more of



moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities.

Abstract is available at: <http://www.journals.elsevierhealth.com/periodicals/ymdp/article/PIIS0022347605001009/abstract>

Kaiser Health Poll Report Finds Women Are More Worried About Health Care Costs Than Men

Four in 10 adult women in the U.S. say that they are "very worried" about not being able to afford the health care services they need, compared with fewer than 27 per cent of men according to the May/June "Kaiser Health Poll Report" tracking survey. Women are also more likely than men to say they are "very worried" about being able to afford prescription drugs (40 per cent of women versus 29 per cent of men) and having to pay more for health care or insurance (49 per cent of women versus 41 per cent of men). The "Kaiser Health Poll Report" provides ongoing tracking of public opinion in three key areas: health care worries, health care priorities and attention to health news. It is available by visiting:



<http://www.kff.org/healthpollreport/CurrentEdition/security/index.cfm>

Report Highlighting Results of Asthma Research Released

The U.S. Environmental Protection Agency has issued a report, "EPA's Asthma Research Results Highlights," that describes recent advances in scientists' understanding of the factors which cause and exacerbate asthma and that documents ways to reduce the burden of asthma. Learn

more at: <http://www.epa.gov/ord/articles/2005/asthma.htm>



The Mindless Eating That Adds Pounds

People seem to gain weight easily but have a hard time taking it off. Part of the reason it is so difficult to eat healthy is that "hidden persuaders" can lead you to eat more than you think you're eating. Intrigued? Find out what it's all about at: <http://newsinhealth.nih.gov/PastIssue/July2005/index.htm>



Hearing Updates Research on Juvenile Diabetes

Type 1 diabetes, which strikes mostly children and adolescents, is the subject of intensive research by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) in the National Institutes of Health, but a cure is still elusive, the director of NIDDK told a congressional hearing June 21. For more information visit:

http://www.healthinschools.org/2005/june21_alert.asp

National Institute of Diabetes & Digestive & Kidney Diseases

Senate Bill Would Help Schools Reduce Childhood Obesity

A bill introduced in the United States Senate by a bipartisan group led by majority leader Senator Bill Frist (R-TN) aims to reduce childhood obesity by encouraging schools and school districts to develop and implement "local, school-based programs designed to reduce and prevent childhood obesity, promote increased physical activity, and improve nutritional choices." For more information visit: http://www.healthinschools.org/2005/june29_alert.asp

State Policies for Shaping Healthy, Active Communities

A Michigan Case Study illustrates the complex connections between the built environment and physical activity and presents a wide range of state policies and programs that can help to foster active communities and lifestyles. The issue brief, prepared by the National Governors Association Center for Best



Practices, focuses on Michigan's active community policies to help

create places to be physically active. Topics include development strategies, revitalization strategies, transportation policies, and open-space preservation policies. The brief also discusses how health education and promotion programs complement active community policies by helping to motivate state residents to be active. The brief is intended for use by leaders from a number of fields (e.g., economic development, transportation, land use, parks and recreation, agriculture, education) who can play a role in protecting residents' health and influencing the design of active communities. The brief can be found by visiting: <http://www.nga.org/Files/pdf/05ActiveLivingIssueBrief.pdf>

Chris Tuck Says Good-bye to KDHE

I want to say good-bye to all the phenomenal school and local public health nurses I have had the pleasure of working with for nearly three years as the Child & School Health Consultant for KDHE. I have met some of the most caring, hard-working nurses in this state and truly admire the professionalism and diligence they exemplify in their daily nursing practice. I have accepted the Director of Health Services position for the Seaman USD #345 school district and will begin my new professional role on Monday, August 1. I want to thank all my colleagues at the state and local level for their tremendous support in assisting me with my endeavors for KDHE and am truly looking forward to providing direct health care services for children at the "grass roots level." It has been a privilege to work for KDHE as the Child & School Health Consultant and I will truly miss the hard working staff with whom I have collaborated during these rewarding years.

Regular Eye Exams Important

An eye exam is one of the best ways to protect your vision because it can detect eye problems at their earliest stage — when they're most treatable. Regular eye exams give your eye care professional a chance to help you correct or adapt to vision changes. And eye care specialists can give you expert tips on ways to reduce eyestrain and how to care for your eyes. For information about "eye exams and what to expect" visit the Mayo Clinic website at: <http://www.mayoclinic.com/invoke.cfm?id=MC00021>

Booster Vaccine May Reduce Whooping Cough in Adolescents

A recently introduced acellular vaccine holds promise of reducing the numbers of cases of pertussis or whooping cough in adolescents and adults, say researchers writing in today's issue of the Journal of the American Medical Association. For more information visit:

http://www.healthinschools.org/2005/june22_alert.asp



New Research to Focus on Peanut Allergy

Noting that the only advice they can currently give the 4 percent of Americans who have potentially life-threatening food allergies is to avoid the culprit foods—usually shellfish or nuts, especially



peanuts—the National Institute of Allergy and Infectious Diseases announced June 24 that it's funding a consortium to develop

therapies to treat and prevent food allergies in general. To learn more visit: http://www.healthinschools.org/2005/june27_alert.asp

Mental Disorders Have Strongest Foothold in Youth

"Mental disorders . . . are distinct from chronic physical disorders because they have their strongest foothold in youth," state the authors of an article published in the June *Archives of General Psychiatry*. The article presents nationally representative estimates of lifetime prevalence and age-of-onset distributions of disorders assessed in the recently completed National Comorbidity Survey Replication (NCS-R). In addition, the authors distinguish between lifetime prevalence (the proportion of those in the population who had a disorder at some time in their life up to their age at interview) and lifetime risk (the proportion of those in the population who will have a disorder by the end of their life). The authors conclude that "these observations should lead us to direct a greater part of our thinking about public health interventions to the child and adolescent years and . . . focus on early interventions aimed at preventing the progression of primary disorders and the onset of comorbid disorders."

Abstract available at <http://archpsyc.ama-assn.org/cgi/content/abstract/62/6/593>.



Be Safe Around Water

Pools, lakes, ponds, and beaches can be exciting opportunities for summer fun and can offer cool relief from hot weather. But water can also be dangerous for children if you don't take the proper precautions. Nearly 1,000 kids die each year by drowning—and most drownings occur in home swimming pools. For information to keep children safe while around water visit: http://kidshealth.org/parent/firstaid_safe/outdoor/water_safety.html



ZIPS: Events & Resources

Experience keeps a dear school, but fools will learn in no other.
— Benjamin Franklin

Events

Grant Writing: Finding the Elusive Dollar

Grant writing skills convert good ideas into funded projects. Many jobs in the public sector require grant writing preparation. KSU is offering a course for people interested in writing grants for state agencies, community initiatives, volunteer work, etc. The course will cover basic concepts of grant writing such as researching funding sources, establishing credibility, and formulating a budget. The class (EDACE 786, #93100) will be conducted via Telenet2 and starts September 8 for five weeks. For more information or to register, go to <http://www.dce.ksu.edu> or call 1-800-432-8222.



Health and PhysEd Standards and Assessment Workshops

Kansas Association of Health, Physical Education, Recreation and Dance (KAHPERD) and Kansas Coordinated School Health Programs (CSHP) Standards and Assessment Workshops will be held at the following locations:

- Sept., 1, 2005 – Garden City, KS
- Sept., 8, 2005 – Lawrence, KS
- Jan. 26, 2006 – Colby, KS
- Feb. 23, 2006 – Wichita, KS

The workshops will explain the national and state Health and PE Standards and share ways to use these standards in your curriculum and in assessments of efficacy in the classroom. For specific information visit: <http://www.kshealthykids.org> or <http://www.kahperd.org/summerspecials.htm>

2nd Annual Kansas Diabetes Quality of Care Conference

The 2nd Annual Kansas Diabetes Quality of Care Conference will be September 1 at the Hyatt Regency Hotel in Wichita and will be a unique experience for those interested in improving the quality of care for diabetics. This conference will provide information about diabetes standards of care and the metabolic syndrome as well as a glimpse of what is happening in Kansas to improve diabetes quality of care. The conference will feature a nationally known physician who implemented a successful diabetes quality



of care initiative in Ohio and has been recognized by President Bush. There will also be an endocrinologist from the Cotton O'Neil Diabetes and Endocrinology Center, speakers from the Centers for Disease Control and Prevention, and a panel presentation representing primary care facilities participating in the Kansas Diabetes Quality of Care Project. CNE's will be offered. For more information you may contact Teri Caudle at 785-368-7289 or tcaudle@kdhe.state.ks.us

Responding to Terrorism: Local Responses to Terror

KUMC is offering four case study conferences August 10, 25, 31, and September 7. Each conference will cover two case studies for local response to terror. One is an in-depth analysis of a disease outbreak that starts at a school basketball game. For more information visit the KUMC website at: <http://www.kansas-antiterror.org/index.php>



Resources

Need an Answer—Ask HRSA

At the Health Resources and Services Administration Information Center Web site, you can order free publications and materials developed by HRSA Bureaus and Offices. The Web site also features information on resources that may interest you, including organizations, news sources, and current HRSA initiatives. Check it out at: <http://www.ask.hrsa.gov/>



A Great List of Grant Funding Opportunities

The Center for Health and Health Care in Schools (CHHCS), a nonpartisan policy and program resource center at the George Washington University School of Public Health and Health Services, provides a listing of grants from a variety of sources for a variety of reasons. Check it out at: <http://www.healthinschools.org/grants/alerts.asp> Also, see examples from this list below.



Staples Foundation for Learning -- Funding for Educational Programs

The mission of Staples Foundation for Learning is to provide funding to programs that support or



provide job skills and/or education for individuals with a special emphasis on disadvantaged youth. Deadline is September 27. For more information visit: <http://www.healthinschools.org/grants/ops363.asp>

The WHO Foundation 2005 Grants for Grassroots Charities Serving Women and Children

The Women Helping Others (WHO) Foundation nationally supports grassroots charities serving the overlooked needs of women and children. The Foundation's priority areas are in health, education, and social services. Deadline is September 13. Find more information at: <http://www.healthinschools.org/grants/ops327.asp>



Summer Safety Tips

The Center for Health and Health Care in Schools has pulled together some of the best guidance available on the internet to create a Summer Safety Tips Section on the CHHCS web site. Safety tips on summer activities include resources on biking, hiking, and swimming, information on sun screen, and much more. Click on the link below to learn more: <http://www.healthinschools.org/parents/summer.htm>

Helpful Video for Facing Infant or Child Loss

The Center for Infant & Child Loss announces the "Caregivers Hurt Too Video" which is now available in Spanish. DVD and VHS format with the English and Spanish versions together will be \$40, including shipping. To order, call 1-800-808-7437.



National Survey of Child Abuse and Neglect Data Analysis

U.S. Department of Health and Human Services has announced funding for secondary analysis of data from the National Survey of Child Abuse and Neglect. The Administration for Children and Families manages these funds to support grants for secondary analysis of data available from the National Survey on Child and Adolescent Well-Being. For more information visit: <http://www.healthinschools.org/grants/ops350.asp>

